

Nar Phu Valley Treks

<https://www.nectravels.com/package/nar-phu-valley-trekking/>

Nar Phu Valley Trekking is probably the best trek of Annapurna region and for those who want to explore hidden valley and trek off the beaten crossing through challenging high passes like Masokanto La (5099m), Kangla pass (5200m) & Tilicho Pass (5230m) with beautiful Lake Tilicho.

Hidden by swirls of mountain mist ahead of us, from Kangla pass at 5200m the magnificent panorama view of Annapurna massif appears remote and forbidding. Our destination is the Nar-Phu valley, above the tree line on the upper limits of cultivation, in the very north of Manang district. It takes five hours reaching the pass that links Nar with Manang and three other Bhotia villages in the Nyershang down valley.

Nowadays, Nar Phu has about 300 inhabitants who depend on livestock, unlike most Bhotia people, whose trading patterns changed drastically after the Nepali Government closed borders with Tibet, the people of Nar and Phu valley were least affected by this change. The tortuous path leading from the valley into Tibet had never made them dependent on the salt trade and till today yak herding is the basis of their livelihood. The Nepal government's recent decision to open up Nar and Phu to tourists has evoked little enthusiasm among the villagers whose pastoral lifestyle continues.

Itinerary

Day 01: Arrival in Kathmandu and transfer to a hotel.

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Day 02: Sightseeing in Kathmandu. Sightseeing spots are Pashupatinath Temple, Boudhanath Stupa, Swyambhunath Stupa and Kathmandu Durbar Square & Patan Durbar Square.

After Breakfast full day Sightseeing in Kathmandu. Sightseeing spots are Pashupatinath Temple, Boudhanath Stupa, Swyambhunath Stupa and Kathmandu Durbar Square & Patan Durbar Square.

Day 03: Drive to Besisahar (823m).

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Day 04: Trek to Nagdi (930m).

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Day 05: Trek to Jagat (1300m).

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Day 06: Trek to Karte (1850m).

Trek to Karte (1850m).

Day 07: Trek to Koto (2600m).

Trek to Koto (2600m).

Day 08: Trek to Chhacha (3200m).

Trek to Chhacha (3200m).

Day 09: Trek to Meta (3700m).

Trek to Meta (3700m).

Day 10: Trek to Junum (4000m).

Trek to Junum (4000m).

Day 11: Trek to Junum (4000m).

Trek to Junum (4000m).

Day 12: Rest day at Phu.

Rest day at Phu.

Day 13: Hike around Phu valley.

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Day 14: Trek to Yak Kharka.

Trek to Yak Kharka.

Day 15: Trek to Panggi Pass.

Trek to Panggi Pass.

Day 16: Trek to above Nar (4000m).

Trek to above Nar (4000m).

Day 17: Trek to Youingar.

Trek to Youingar.

Day 18: Trek to Kangla Pass (5322m).

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Day 19: Trek to Manang (3351m).

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Day 20: Trek to Khangsar Khola (3734m).

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Day 21: Trek to Tilicho Lake (4140m).

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Day 22: Trek to Mesokanto Pass (5099m).

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Day 23: Trek to Jomsom (2710m).

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Day 24: Fly to Pokhara.

Fly to Pokhara.

Day 25: Fly to Kathmandu.

Fly to Kathmandu.

Day 26: Warm Departure

Warm Departure.